

Was Very Weak

"After the birth of my baby I had a back-set," writes Mrs. Mattie Crosswhite, of Glade Spring, Va. "I was very ill; thought I was going to die. I was so weak I couldn't raise my head to get a drink of water. I took medicine, yet I didn't get any better. I was constipated and very weak, getting worse and worse. I sent for Cardui."

TAKE

CARDUI

The Woman's Tonic

"I found after one bottle of Cardui I was improving," adds Mrs. Crosswhite. "Six bottles of Cardui and . . . I was cured, yes, I can say they were a God-send to me. I believe I would have died, had it not been for Cardui." Cardui has been found beneficial in many thousands of other cases of womanly troubles. If you feel the need of a good, strengthening tonic, why not try Cardui? It may be just what you need.

All Druggists

L. 76

BOOKS BRING AID TO SOLDIER SICK

Library Association
Thousand Men
in Nation's Hospitals.

EFFORTS BRING RESULTS.

Vocational Training Circles
Men Who Must Take
New Callings Because of
Their Injuries.

Hospital library service maintained by the American Library Association during the war was credited with great value in aiding in the recovery of many sick and disabled men.

There are still in our hospitals more than 10,000 former service men. Of these nearly 8,000 are in Public Health Service hospitals, the remainder in civilian hospitals. Books, magazines and newspapers are sent to these men from the American Library Association. In the larger hospitals, containing over 300 patients, special librarians are placed. To the smaller hospitals, through the co-operation of many public libraries, library visitors are sent to visit the wards once or twice a week and learn the book needs of the patients.

A special effort is made to supply to ex-service men in hospitals the books in demand as a result of the training given by the Federal Board for Vocational Education.

More Books for Blind.

The A. L. A., in co-operation with other agencies already interested in work for the blind, is printing books in Braille type. Because of the need of the revised Braille for teaching to the American blind, literature printed in it is in demand to the extent of 200 books.

"GREATEST MOTHER IN THE WORLD" IN FOURTH RED CROSS ROLL CALL

PUBLIC MEN AND WOMEN BY THOUSANDS LAY PLANS TO BREAK ALL MEMBERSHIP RECORDS

SOUTHERN DIVISION
WORKERS ARE ACTIVE

Review of What Red Cross Has Done and Now Is Doing on Peace Working Basis

Atlanta, Ga., Oct. 30.—Public spirited men and women by thousands in the five states of the Southern Division of the American Red Cross, are laying their plans to break all membership records for the Red Cross when the Fourth Annual Roll Call is held from November 11 to November 25.

From every part of Georgia, Florida, North Carolina, South Carolina and Tennessee comes the report that community after community is organized for the Roll Call, and that many are only awaiting the word "Go!" to get their quota of members on the very first day.

The Roll Call is expected to be started by the renewal of memberships by every chapter worker in the division. There are 128 chapters organized for the Roll Call, and many more that are expected to complete their organization before Armistice Day, when the Roll Call opens.

The Roll Call Opens

Memberships in the Red Cross are of five different classes, the annual \$1; the contributing, \$5; the sustaining, \$10; the life, \$50; and the patron, \$100. Any one can join under any one of these different classes in the Fourth Roll Call.

Basis of Quotas

Quotas for the Fourth Roll Call have been based not on population, but on the plans of the different chapters for the coming year and their actual financial needs. The money, too, will be spent largely right where it is subscribed.

Of the annual memberships of \$1, fifty cents is kept by the chapter; of the contributing membership of \$5, \$4 is kept by the chapter; of the sustaining membership of \$10, \$8 is kept by the chapter; of the life membership of \$50, and the patron membership of \$100, the chapter sends the entire returns to Washington, where the interest is used to carry on the national work of the Red Cross.

To those who are not as familiar as others with the work of the Red Cross since the war, a brief review will give an idea of what the Red Cross has done in the past two years and what it expects to accomplish for America in the next few years to come.

The Man in Uniform.

It has held, course, as its first and most sacred duty its obligation to the man in uniform and to the men who fought and served for America in the world war. Red Cross has continued to serve the American Expeditionary Forces in Germany. Red Cross has continued to keep up its service to the 25,000 men at American military posts, at all of which it maintains a personnel to help out the boys in difficulties of bonus and back pay, and transportation and the like, to help in family problems, to assist them in recreation and entertainment, to be, in short, the same "great mother" to them that the Red Cross was to the man overseas in 1917 and 1918.

Besides such service, Red Cross has given its care and attention to 50,000 former service men taking treatment in United States public health hospitals; it has put practically every man blinded in the world war into the Red Cross Institute for the blind at Baltimore; it has kept in touch with 80,000 returned soldiers and their families to give them help when it was most needed. For the fiscal year ending last June 30, it spent \$3,600,000 in military relief in the United States, exclusive of money spent by chapters in similar service.

That much for Red Cross work with

the military. To other citizens—the afflicted, the diseased, the disaster-stricken—Red Cross has been the friend, the shield, the helper.

Red Cross health work has been one of the prime factors in its peace program, and will continue to be pushed on an even greater and more universally beneficial scale. One has but to mention the 15,000 Red Cross nurses who were on duty during the influenza epidemic last year, to inspire the people to rejoin the Red Cross, if only to carry on such splendid work as this.

15,000 Health Centers

Then there are the health centers the Red Cross has inaugurated in about 15,000 communities, through which health education has been spread, disease checked and many of the 750,000 annual deaths in the United States from remedial causes prevented. More than one thousand Red Cross nurses are working in the rural communities of America, where their services are most in demand. More of this work than ever will be done by the Red Cross next year, and it is hoped to put a public health nurse in every county where the need is great and the people sufficiently interested.

Much other splendid work has been done and will continue to be done by the Red Cross in teaching people how to get well and keep well. There are First Aid classes of the Red Cross, which taught more than a million Americans last year what to do before the doctor comes. The toll of deaths in America from accidents each year is more than 100,000, of whom 7,000 are drowned. The Red Cross has been particularly active in the South in organizing Life Saving corps to stop such lamentable and preventable loss of life as this. Many Southern papers in the past year have carried accounts of rescues at beaches and lakes where life was saved by Red Cross first aiders. Other classes of this character that have accomplished splendid work are the classes in home hygiene and care of the sick, and classes in home dietetics, in which last year more than 90,000 women and girls of America learned how to care for the sick people in their homes and what is best for the family to eat in order for the members to keep well and strong.

Right On The Job.

Disaster relief has been the job of Red Cross for many years past. During the Wall street explosion not so long ago, Red Cross was on the job with doctors and nurses almost as soon as the police and as a result a number of lives were saved outright and many wounded people kept from being invalids and cripples for life. People in the South will recall the numbers of times when Red Cross has been the only relief and helper in time of flood and fire in several communities. In the 39 years of its existence Red Cross has given relief in 250 floods, fires, tornadoes and other disasters and last year alone it gave aid to more than 30,000 unfortunate in 150 different communities.

While so much has been done by Red Cross in America in the last two years, it has not stopped administering wise, economical but unstinted aid to starving peoples in other lands. By fighting typhus, cholera, tuberculosis and other horrible diseases in fever ridden European countries, Red Cross has saved thousands of lives, particularly those of women and children who had no one else to turn to save the "greatest mother in the world."

This is the sort of work the Red Cross has been doing. This is the sort of work it will continue to do if the people of America will join "one hundred per cent" in the forthcoming Roll Call.

Worn Down, Out of Heart

Georgia Lady, Worn-out and Tired, Tells How She Was Helped by Ziron Iron Tonic.

THE personal experience of Mrs. Nannie Phillips, of Powder Springs, Ga., is printed below in her own words:

"I was in a worn-out condition. My stomach was out of order. I didn't sleep well. I was tired all the time. I couldn't half eat, and didn't rest well at night.

"I would get out of heart and blue. I would feel like I was going to be down in bed. Yet I kept dragging around.

"We heard of Ziron, and from what I read, I was sure it wouldn't hurt me. If it didn't help me. But after taking it, I found it really helped me, and I sent back for more. I ate better, felt much stronger. I am sure Ziron is a splendid tonic."

Many people, who are worn down and disheartened, due to stomach disorders and nervous ills, find relief by toning up their blood with Ziron Iron Tonic.

Tell your druggist you want to try Ziron on our money-back guarantee.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

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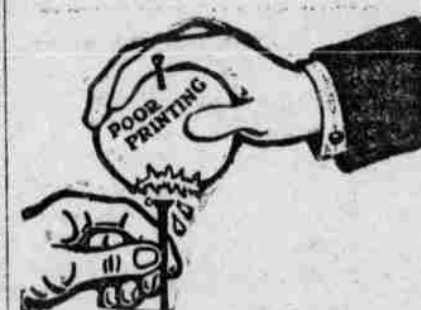
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